

I claim:

- 1.** An article comprising:
a bottom plate, wherein said bottom plate has a first major surface and a second major surface, and further wherein:
 said first major surface comprises a number, n , of spaced wells;
 said number, n , is between 3 and 25, inclusive; and
 a size of said wells, at said first major surface, is between $\frac{1}{2}$ inch and $1\frac{1}{4}$ inches, inclusive.
- 2.** The article of claim 1 wherein said number, n , is between 8 and 25, inclusive.
- 3.** The article of claim 1 further comprising a top plate, wherein said top plate is disposed above said bottom plate, proximal to said first major surface and distal to said second major surface.
- 4.** The article of claim 3 further comprising a skirt, wherein said skirt depends from a marginal region of said top plate, and further wherein said skirt extends toward said bottom plate.
- 5.** The article of claim 1 wherein said wells have a shape that is physically adapted for receiving a vibration-control element.
- 6.** The article of claim 3 wherein said top plate and said bottom plate have the same shape, and further wherein said top plate is larger than said bottom plate such that said bottom plate fits within an area defined by said skirt.
- 7.** The article of claim 1 wherein said bottom plate is acrylic.
- 8.** The article of claim 3 wherein said top plate is acrylic.
- 9.** The article of claim 1 further comprising a plurality of vibration-control elements, wherein, in use of said article, said vibration-control elements are disposed in said wells.

10. The article of claim 3 further comprising a plurality of vibration-control elements, wherein, in use of said article, said vibration-control elements are disposed in said wells and abut a major surface of said top plate.

11. The article of claim 9 wherein there are fewer of said vibration-control elements than said n wells.

12. The article of claim 9 wherein said vibration-control elements are balls.

13. The article of claim 12 wherein said balls are resilient.

14. The article of claim 12 wherein said balls are selected from the group consisting of racquet balls, hand balls, paddle balls and squash balls.

15. An article comprising:

 a bottom plate, wherein said bottom plate comprises three or more spaced wells in a first major surface thereof; and

 a plurality of vibration-control elements, wherein said vibration-control elements are received by at least some of said wells, one vibration-control element to a well.

16. The article of claim 15 further comprising a top plate, wherein said top plate is disposed above said bottom plate and wherein said vibration-control elements are sandwiched between said bottom plate and said top plate.

17. The article of claim 15 wherein said vibration-control elements are balls.

18. The article of claim 17 wherein said balls are resilient.

19. The article of claim 18 wherein said balls are selected from the group consisting of racquet balls, hand balls, paddle balls and squash balls.

20. The article of claim 15 wherein said bottom plate comprises acrylic and wherein said vibration-control elements are resilient balls.

21. An article comprising:

a bottom plate, wherein said bottom plate comprises at least three spaced wells in a first major surface thereof; and
a plurality of resilient balls, wherein said resilient balls are received by at least some of said wells.

22. The article of claim 21 wherein said bottom plate comprises acrylic and wherein said vibration-control elements are resilient balls.**23.** An article for vibration control, said article comprising a plate, wherein:
said plate has a first major surface and a second major surface;
eight to 25 spaced-apart wells are disposed in said first major surface;
said wells have a shape that is suitable for receiving balls that have a diameter in a range of about $\frac{1}{2}$ inch to $1\frac{1}{4}$ inches, inclusive; and
at least three footers are disposed on said second major surface.**24.** An article comprising:

at least three resilient balls, wherein said balls have a diameter in a range from about $\frac{1}{2}$ inch to $1\frac{1}{4}$ inches; and
at least three receivers, wherein said receivers are physically configured to receive said resilient balls.

25. The article of claim 24 further comprising a top plate, wherein said top plate overlies said resilient balls.**26.** A method comprising:

providing a bottom plate, wherein said bottom plate has more than four spaced wells in a major surface thereof; and
disposing at least three vibration-control elements in at least three of said wells, one vibration-control element to one of said wells.

27. The method of claim 26 further comprising disposing a top plate on said plurality of vibration-control elements.

28. The method of claim 26 wherein disposing said plurality of vibration-control elements further comprises selecting a property of said plurality of vibration-control elements as a function of a property of an audio component or video component that is to be supported by said vibration control elements.

29. The method of claim 28 wherein said property of said vibration-control elements is its relative degree of resilience.

30. The method of claim 28 wherein said property of said vibration-control elements is its capacity to support weight.

31. The method of claim 28 wherein said property of said audio component is selected from the group consisting of the weight of said audio component and type of audio component.

32. The method of claim 24 wherein said vibration-control elements are balls.